

Family Information

How To Contact The Red Cross To Send An Emergency Message

Find your local Red Cross Chapter through the telephone directory or go to <http://www.redcross.org/where/where.html>.

Red Cross: (800) 951-5600 and at the Naval Hospital at 760)- 725-3303

When calling the Red Cross have the following information on your spouse:

- Full Name
- Rank/Rating
- Branch of Service
- Social Security Number
- Military Address
- Information about the deployed unit and the home base unit
- Doctor's name and telephone number

The Red Cross verifies this information and relays it to the appropriate command where it is up to the military whether the service member returns home. Remember, your Marine or Sailor can only come home in an emergency situation.

Be prepared: Always have your local Red Cross chapter or station phone number readily available and share the above information with a trusted friend.

Stay in Touch with loved ones: Red Cross worldwide emergency communications network operates 24 hours a day, 7 days a week, 365 days a year.

Get verification of emergency leave information: The Red Cross can provide your service members commander with fast, reliable information to help make decisions regarding emergency information.

Secure emergency financial assistance: The Red Cross collaborates with the military aid societies in providing financial assistance when an urgent personal or family crisis arises.

Casualty Notification and Assistance Information

Injured/Ill notification

In the event that your loved one becomes injured or ill while deployed, a unit representative will contact next of kin and provide them with information regarding the status of their Marine or Sailor. In addition, when an injured or ill Marine or Sailor in theater chooses to notify their next of kin of his/her injury, the unit will still follow-up with a telephone call to provide contact information as specified above.

Death notifications

In the event of the death of a Marine or Sailor, a uniformed representative will personally notify the next of kin between the hours of 5 a.m. to 12 p.m. Names of the deceased or any other identifying information will be withheld for 24 hours following the completion of notification to the next of kin.

Pacific Pride

For the Families and Friends of Marines and Sailors of the 11th MEU Command Element

Vol. 2, Issue 2

July 2007

Inside:
 From the CO
 Chaplain's Corner
 Training in an Urban Environment (TRUE)
 Family Information

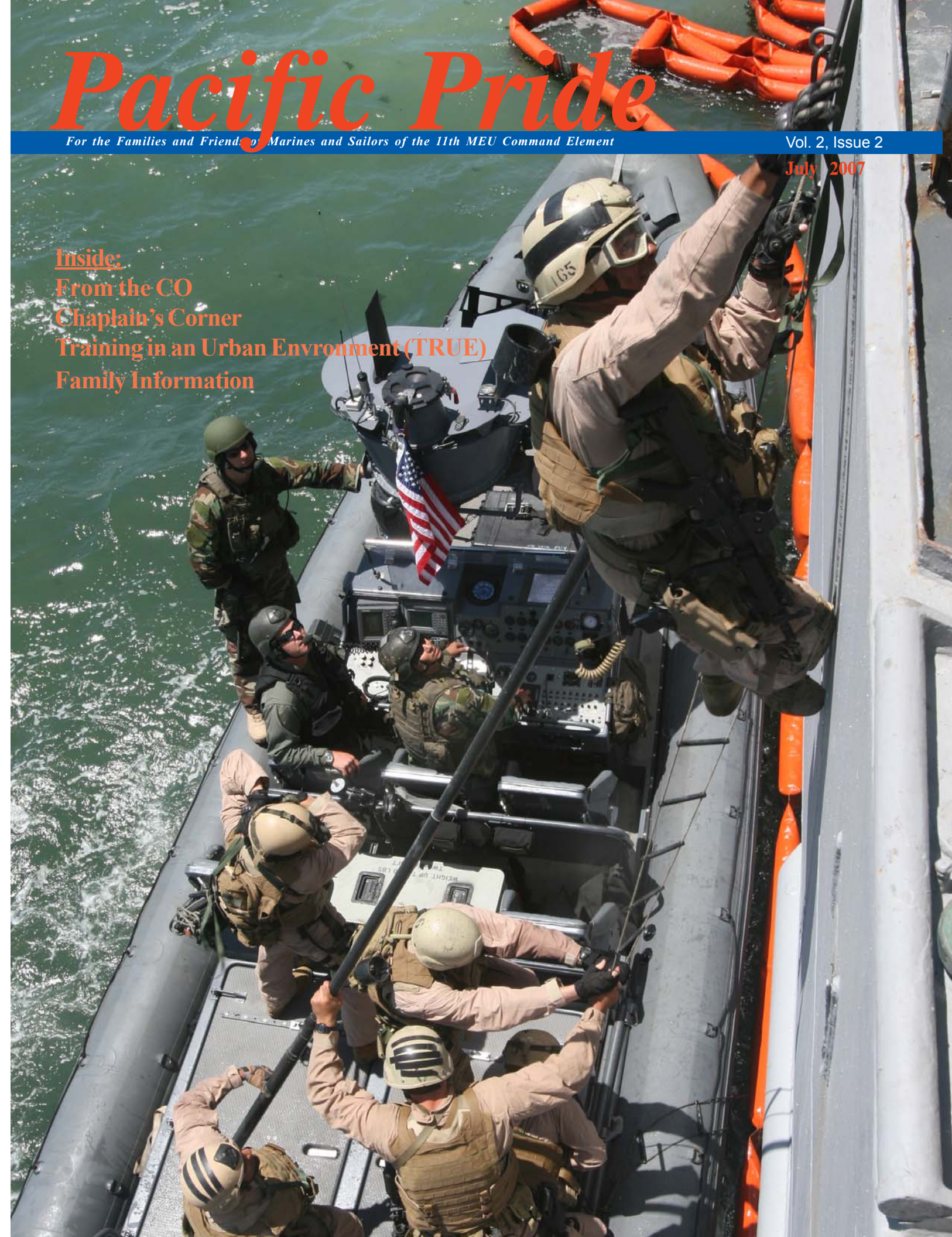




Photo by Sgt. Bryson K. Jones

Marines assigned to the 11th Marine Expeditionary Unit conduct a Visit, Board, Search and Seizure (VBSS) exercise Aug. 7 at 32nd St. Naval Station, San Diego.



Command Group

Commanding Officer.....Col. J.W. Bullard
Executive Officer.....Lt. Col. W.A. Visted
Sergeant Major.....Sgt. Maj. S. Johnson

Public Affairs Office

Public Affairs Officer.....Capt. B.V. Miramontes
Combat Camera Chief.....
.....Gunnery Sgt. D.P. Stockhausen
Public Affairs Chief.....Staff Sgt. S. Jimenez
Combat Cameraman.....Sgt. B.K. Jones
Combat Correspondent.....Cpl. S.M. Biscuiti
Combat Illustrator.....Cpl. R.C. White

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From the CO



Dear 11th MEU Families and Friends,

Greetings! Approximately 350 Marines from the 11th MEU were with me in Coronado, conducting a training exercise called "Training in an Urban Environment" or "Site TRUE" from July 23-Aug 3. Site TRUE is part of the routine, six-month training cycle that each MEU undergoes in preparation for deployment, and provides us with a realistic, unfamiliar urban environment in which to train. Site TRUE has been conducted since 1985 in various cities along the west and east coasts.

While we are deployed overseas, the 11th MEU will act as America's quick reaction force to safeguard U.S. citizens around the globe and support our nation's interests. Since three-quarters of the world's population live in urban environments, Marines must be prepared to respond to missions in overseas urban locations in support of the Global War on Terrorism. As you can imagine, Site TRUE is a vitally important exercise to prepare us for this possibility.

TRUE training offers various groups from the 11th MEU many different aspects of urban training.

The first group is our Marine Special Operations Company, or MSOC. An MSOC is capable of deploying task-organized expeditionary Special Operations Forces to conduct special reconnaissance and direct action missions in support of the geographic combatant commanders. The MSOC practiced their tactics, techniques and procedures used during precision raids in an urban, vice rural, environment. During those two weeks, the MEU conducted three separate "missions" with the MSOC raiding designated houses and buildings in the greater San Diego area.

These raid locations were generously offered up by private citizens of the San Diego community.

The second group is our pilots and crew chiefs who practiced flying in and around the city. As they flew and honed their urban navigation skills, they had to take into consideration power lines, high-rise buildings, the city street layout, and other complications

not found aboard Camp Pendleton or in an unpopulated area. Our pilots also underwent the challenging task of landing in various city parks to practice urban landings and takeoffs.

The third group is from the MEU Command Element. We helped the MSOC and pilots plan for each of the three urban raids. Certain staff sections, such as our S-4 and Headquarters Commandant, were also helping support the exercise to ensure everything went smoothly throughout the two weeks.

The exercise was hosted and evaluated by Camp Pendleton's Special Operations Training Group, or SOTG, from our higher headquarters, I Marine Expeditionary Force (I MEF). They planned and coordinated with local, state and federal law enforcement agencies to ensure the training went smoothly.

For the two weeks we trained, Naval Amphibious Base Coronado became our temporary home. Working and living aboard the NAB worked out extremely well. While there we enjoyed the great chow hall facility available to us three times a day. Members of the community, who learned of our training through the local media, were very supportive. We received generous offers of everything from homemade cookies to barbecues at local residents' homes.

While Site TRUE was an extremely busy time, Marines were still finding time to get a run in or visit the athletic facilities on base.

Until the next newsletter, I'd like to wish everyone a wonderful month. August will be a busy one for the Marines of the MEU as we finish up Visit, Board, Search and Seizure training and soon thereafter board the three amphibious ships of the USS Tarawa Expeditionary Strike Group for our first at-sea training exercise. In addition, I'd like to invite you to visit our 11th MEU website at <http://www.usmc.mil/11thmeu>. We continually update information on it for the benefit of 11th MEU family and friends.

Semper Fi,

J.W. Bullard
Col. USMC



Lance Cpl. Philip G. Anacta
Sgt. Jeffery L. Averette
Cpl. Brittney L. Carrington
Sgt. Brandon T. Dean
Sgt. Owen M. Dudley
Staff Sgt. Jason E. McLaren
Sgt. Seth F. Omer
Lance Cpl. Donald L. Peltier
Sgt. Francisco S. Peralta Jr.
Cpl. Derrick L. Randles
MGySgt. Roland Salinas
Cpl. Jason L. Silva
Cpl. Gary A. Stein
Capt. Ryan D. Whitty
Pfc. James H. Yee

Promotions July

Lt. Col. Ronald A. Stephens
Capt. Ryan Whitty
Sgt. Jeffery L. Averette
Staff Sgt. Kristopher Cantu
Staff Sgt. James J. Farmer
Cpl. Joel O. Guerra
Lance Cpl. Josue G. Obregon
Sgt. Mario Rodriguez
Cpl. Charles Smith

August

Gunnery Sgt. James A. Rodriguez
Sgt. Brian C. Dryer
Cpl. Benjamin T. Langford
Lance Cpl. Jordan L. Howard
Lance Cpl. Jose J. Garcia

MEU Medical Planners talk Anthrax



Photo by Cpl. Scott M. Biscuiti

As of February, 2007, Anthrax vaccination is mandatory for uniformed personnel deployed or deploying for 15 or more days.

by HM1 Dennis Pidduck
11th MEU's assistant medical planner

In the weeks to come, the Marines and Sailors of the 11th Marine Expeditionary Unit will resume the Anthrax Vaccine Immunization Program (AVIP). In the past, a great deal of controversy has surrounded mandatory Anthrax immunizations.

Here are some answers to commonly asked questions:

Q: I heard that getting the Anthrax shot is voluntary. Is that true? A: No. As of February 2007, Anthrax vaccination is mandatory for uniformed personnel deployed, or deploying to, U.S. CENTCOM or Korea areas of responsibility (AOR) for 15 or more consecutive days.

Q: If I started the Anthrax series before, do I have to restart the series? A: No. You will not have to restart the series. You will simply pick up where you left off.

Q: What about long-term side effects? A: This vaccine has been used for over 35 years. Multi-year studies found no patterns of long-term health problems due to anthrax vaccination.

Q: What if I'm pregnant? A: Good medical practice defers vaccination during pregnancy, unless clearly needed. If you are unsure if you are pregnant, you may request a pregnancy test from your medical provider *before being vaccinated*.

Q: Are there some people who should not get the anthrax vaccine? A: Yes. People who had a serious allergic reaction to a prior dose should not get the vaccine. People who have a severe illness should wait until they are better before getting the vaccine. Women who are pregnant should wait to receive the vaccine. People with a history

of latex sensitivity, HIV-infected and immune-suppressed people, as well as people who had Guillain-Barre syndrome should not get the vaccine. Lastly, people recovering from anthrax infection should not receive the vaccine.

If you have any questions of concerns, please contact your medical provider.

We would also like to congratulate the 11th Marine Expeditionary Unit Senior Sailor of the Quarter, Hospital Corpsman 1st Class (FMF/SW) Marcdelito Zulueta of Combat Logistics Battalion 11; the Junior Sailor of the Quarter, Hospital Corpsman 3rd Class Joseph Gagucas of 1st Battalion, 5th Marines; and the Blue Jacket of the Quarter, Hospitalman James Irej of Battalion Landing Team 1st Battalion, 5th Marine Regiment. Bravo Zulu!

Chaplain's Corner

MEU welcomes new spiritual leader

by Cmdr. Richard J. Silveiraas , 11th MEU Chaplain

The Command Religious Program is designed to ensure both individual and family well-being. That was the gist of the last Chaplain's Corner. This month I want to say more about that because it's important enough to re-emphasize.

I trust that we have all heard the term "operational tempo," or, as we shorten it, "ops tempo." In this case, it is the speed of 11th MEU's training and preparations for deployment. The "ops tempo" is picking up speed, and our families feel its effects.

To cope with the stress of an increasing "ops tempo," I think it helpful for us and our families to have a "high speed, low drag" spirituality.

Huh?

Well, just as the training we conduct prior to deployment is designed to ensure we can perform under the pressure of "real world" events, so our beliefs can help us cope with the daily stress of our "real world" lives, here and now. Our beliefs and, just as importantly, the behaviors which flow from them, can and should become so familiar to us that we use them to keep ourselves healthy in periods of stress.

Look at it this way. In aerodynamics, something about which I know absolutely nothing, "high speed, low drag" is said to be the way to go. In order to stay airborne, the aerodynamics have got to be right.

It's similar with spirituality, our beliefs and practices. Our religion keeps us "aloft." The knack is to keep it simple, without being simplistic.

As an example, many Christians are familiar with what is known as the Sermon on the Mount. The gospel of Matthew describes Jesus of Nazareth talking to a large group of followers with very complex beliefs. At the end of this well known talk Jesus summarized his teaching: "In everything, do to others what you would have them do to you, for this sums up the Law and the Prophets." (Mt 7:12)

The "golden rule," as it is known, is high speed, low drag spirituality at its finest, and it's no surprise that this divine truth is re-stated in other traditions.

Ironically, after I had pretty much finished writing these words, just for the fun of it, I Googled "high speed, low drag." The first hit was about "operational tempo," and the third was linked to a photo of "...high speed activities



Photo by Sgt. Bryson K. Jones

Lt. Cmdr. Perry D. Haagen replaced Cmdr. Richard J. Silveira as the MEU's Chaplain.

carried out by members of a USMC MEU Special Operations Capable unit." When I clicked on the associated Google image, sure enough, it shows what looks like a pre-dawn, beach landing.

As we continue to train and prepare for deployment, our individual and our families' ability to cope with stress will increase the more we put into practice the beliefs we hold most dear. Keep it simple, but not simplistic.



Photo by Sgt. Bryson K. Jones

Lance Cpl. Joe M. Hamilton, S1.

Orders please

Admin keeps MEU up and running

by 11 th MEU S1

July has been a busy time for the S1 Marines. During the first half of the month, the main focus was providing support to the Command Element and the subordinate units for TRUEX. This included the preparation of over 400 sets of TAD Orders and the creation and implementation of a badge system to safe-guard classified material. In addition to this daunting task, the S1 Marines

continued to provide superb routine administrative support. On July 23, Marines from the S1, Public Affairs Section and the Legal Section deployed to Coronado in support of TRUEX.

Additionally, the S1 added a new member to the team. Corporal Joel O. Guerra transferred the MEU's S1 Section for Weapons Training Battalion, Camp Pendleton, California.



Photo by Cpl. Scott M. Biscuiti

An S6 Marine prepares for a shoot.

Staff Judge Advocate's Office

Helping Marines and Sailors prepare legal documents

by Maj. Leon J. Francis

The Office of the Staff Judge Advocate is continuing to prepare Marines and Sailors from the 11th Marine Expeditionary Unit (MEU) for deployment. Major Francis has given six Law of War, Rules of Engagement and Battlefield Ethics briefs to the Command Element and MSEs (CLB-11, BLT 1/5, and HMM 166). The Legal Assistance Office at Camp Pendleton has provided the 11th MEU with continued support in preparing wills and powers of attorney. To date, over 350 Powers of Attorney and over 20 Wills, have been executed for members of the 11th MEU in preparation for deployment. We are also ensuring that the continuing education program through Central Texas College is on track so Marines and Sailors who desire it, will be able to continue their education while deployed.

S6, 100% Mission Ready

by 11th MEU S6

With the furious pace of training and exercises, the 11th MEU S6 has hardly had time to draw its breath. In spite of that, the Marines have done a superb job. Their most recent test was MEUEX, in which they accomplished 100% of the requirements and quite a few of the "wants" we had identified. The expertise with which the Marines installed, operated, and maintained their equipment proved that the intense training has been effective and that they are ready for more. To that end we have rolled directly into TRUEX and will have supported the 11th MEU Command Element from Coronado... but we'll get into that next month.



Photo by Cpl. Scott M. Biscuiti

Marines from S6 Marines relax with a game of "Spades" after a long day of training in the desert sun.

In addition, Cpl. Christopher Trujillo was the S6 nominee for Marine of the Quarter and Cpl. Justin Schoonover for the Meritorious Sergeant Board. These Marines were selected as some of the best the S6 has to offer. They both have done an outstanding job in representing the S6 during these demanding and highly competitive boards. Finally, Sgt. Daniel Deskins and LCpl. David McLean reenlisted in the Corps. Congratulations are in order for all of these Marines as continue to excel.

S3 field tests command, control

We hope this newsletter finds all of you well-fed, rested and safe after our 4th of July holiday.

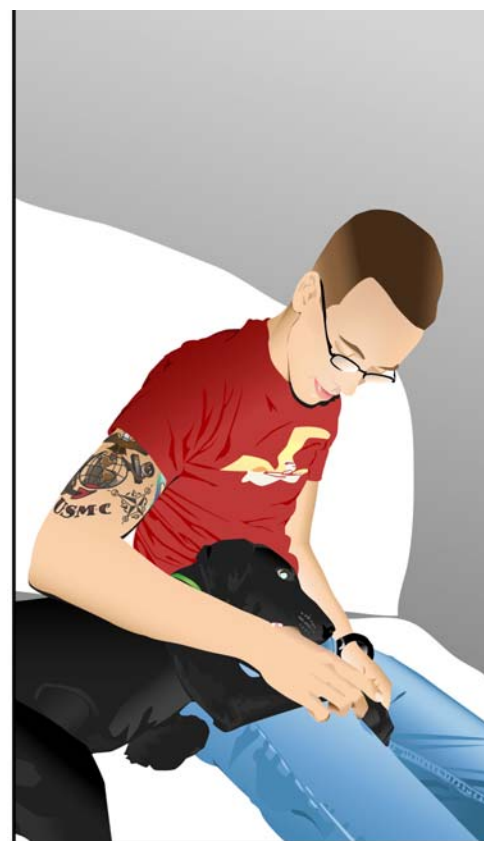
As expected, the pace has quickened as we delve deeper into our pre-deployment workup training and look forward to our first at-sea periods later this summer and fall. We ended June with a one-week field training exercise right outside our headquarters building here in the 21 Area. We literally moved our entire office work space into tents erected in the open field adjacent to where we held our Family Day back in April. That included computers, phones, field radios, desks, etc. The set-up alone was an exercise in itself, but went smoothly and without incident. This training afforded the command element an opportunity to exercise its command, control and communications functions as a headquarters within our deployable headquarters shelters.

Starting last month and continuing this month will be our pre-deployment legal classes. This is a series of required pre-deployment instruction on subjects ranging from detainee handling to the law of armed conflict and rules of engagement. This training is critical given the dynamic and fluid battlefield environment our Marines and Sailors might find themselves operating in. Equally critical in our pre-deployment preparation were classes on preparing wills and powers of attorney.

And as always, annual training continues. The semi-annual physical fitness test (PFT) was recently run and many of the officers and staff non-commissioned officers in the S3 are presently undergoing their annual pistol qualification.

As I'm sure you're aware, our calendar is quickly filling as we progress towards our eventual deployment. As the pace quickens, the work hours grow longer and your loved ones time away from home and family increase, please accept our gratitude and appreciation in advance for your continued support and encouragement.

Combat Illustrator joins Public Affairs



Cpl. Robert C. White, combat illustrator, brings graphics design skills to the MEU.

by Staff Sgt. Sergio Jimenez

With just a few months to go before our deployment, things are going so well, that it's almost scary. But rather than being pessimistic and thinking that sooner or later things are bound to go south, we'd rather be philosophical and look at it as if we're getting payback for surviving the last float.

Like the last piece of a puzzle falling into place, the PAO shop is now complete with the addition of Cpl. Robert C. White, a combat illustrator who joined PAO during our Training in an Urban Environment Exercise at Naval Amphibious Base Coronado, San Diego in July. White, who also moonlights as a videographer, is like an answered prayer who arrived just when we needed him most. Although he has many special talents, his fortay is graphic design. A skill that we will take full advantage of, because it just so happens that we are in the process of redesigning our newsletter, media guide, cruisebook and are tossing around possible deployment t-shirt logo ideas. White's been warned that he will be "used and abused" or "called-upon

and challenged" as I recall the exact words I used. He said with a smile, that he wouldn't have it any other way.

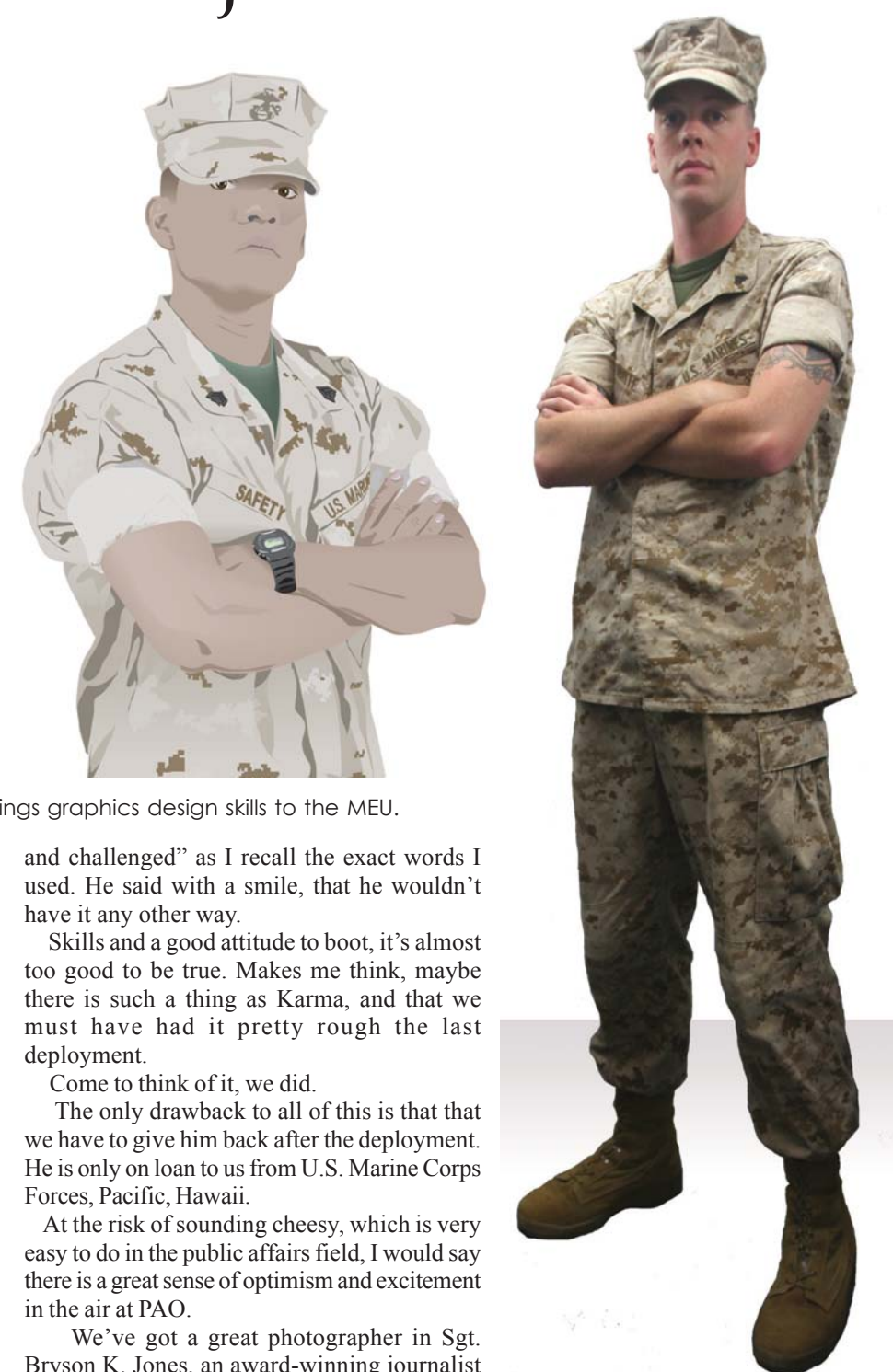
Skills and a good attitude to boot, it's almost too good to be true. Makes me think, maybe there is such a thing as Karma, and that we must have had it pretty rough the last deployment.

Come to think of it, we did.

The only drawback to all of this is that that we have to give him back after the deployment. He is only on loan to us from U.S. Marine Corps Forces, Pacific, Hawaii.

At the risk of sounding cheesy, which is very easy to do in the public affairs field, I would say there is a great sense of optimism and excitement in the air at PAO.

We've got a great photographer in Sgt. Bryson K. Jones, an award-winning journalist in Cpl. Scott M. Biscuiti, and now a highly skilled graphics artist in White. Most importantly, we have staff noncommissioned officers and a public affairs officer who pledge to help them soar, or at the very least not get in their way. In other words, life is good at PAO.



Cpl. Robert C. White, combat illustrator, comes to the 11th MEU Public Affairs Office from U.S. Marine Corps Forces, Pacific.

MEU logisticians, ready for anything

by Maj. Kevin C. Rosen, 11th MEU Logistics Officer

Dear families,

We are now well into the training cycle and the days are starting to move by fast. The hard work of your loved ones is contributing greatly to the safe and successful training of the over 2,000 Marines within the MEU. The next two months are going to be tough on all of you as we consistently go to sea and supervise the overall logistics support for each unit under our charge. Please be patient and understanding of your Marines as they stay well focused on the mission at hand, which is to prepare to go to battle in order to keep all of you safe at home.

We have a new member to our team, Staff Sgt. Michael Zangare who is taking over the reins as the Supply Section Chief. Welcome aboard and we wish your family all the best back home in Ohio and hope that your relatives will understand your new fascination with PAC-10 football! You are joining a solid team and we look forward to your dedication and leadership within our team.

Capt. Richard Ekborg and the embarkation personnel continue to prepare us for deployment. Staff Sgt. Jose Lomeli and Sgt. Seth Omer are doing a bang up job preparing our equipment and overseeing the preparation of all equipment that we will deploy with. We could not get along without them.

Speaking of people we can't do without is our Headquarters Commandant. Master Sgt. Orlando Zuniga is keeping the Command Element on the strait and narrow. His supervision and innovative execution of tasks has kept the Command Element ready to go at a moment's notice. We truly appreciate his leadership and superior work in taking care of all the personnel in the unit from facilities maintenance, armory and motor transport



Photo by Cpl. Scott M. Biscuiti

Cpl. Michael Hetrick, 11th MEU supply, waits for the sun to rise over the Yuma, Ariz. mountains July 22 before setting out on a convoy with the Marines of Combat Logistics Battalion 11 during a training evolution focused on convoy operations and IED detection.

supervision, to driving forklifts and box trucks. Thanks Top! We will try to get you some time to work on your golf swing.

I'd also like to address our Motor Transport section. Sgt. Fransisco Peralta is our new Motor Transport operations chief and is doing a great job. The mechanics, led by Cpl. Cody Liccardi, continue to keep us at a high state of readiness. Well done. We will need your skills on an ever increasing basis as we get ready to deploy.

Finally, a note on safety. Capt. Jamie Fleischhacker is our Assistant Logistics

Officer and unit Safety Officer. Please note that she has a ton of information that she passes on in order to keep our Marines safe. As such, please remind your Marines that we need them for the deployment and that they should cut down on such activities as motorcycle riding, sky diving, and crocodile wrestling. Let's reduce any unnecessary risk so that we may better enjoy our families before we embark for deployment.

Very kind regards,
Maj. Kevin C. Rosen



Photo by Cpl. Scott M. Biscuiti

Cpl. Cody Liccardi, a motor transport mechanic with the MEU's S4 section, gets ready for a convoy during improvised explosive device and convoy operations training with Combat Logistics Battalion 11 July 21 at the U.S. Army Yuma Proving Ground in Arizona.



Photo by Sgt. Bryson K. Jones

Cpl. Nicholas Aleman and other Marines from the 11th Marine Expeditionary Unit look over a terrain model during training in an urban environment exercise (TRUEX) Aug. 2 in Coronado.

Intel Marines keep information flowing during MEU training

by 11th MEU S2

The S2 would like to congratulate the following Marines with the new additions to their families:

Cpl. Jonathon Juneac and his wife became proud parents of a daughter.

Staff Sgt. Jason McLaren and his wife became proud parents of twins.

During the month of June, the S2 Marines participated in 11th MEU's Interoperability Exercise. The exercise was designed to test Marines and various skills in the intelligence occupational specialty. The training went very well and helped prepare the Marines for the much more challenging exercise, Training in an Urban Environment (TRUEX).

During TRUEX, every discipline within the S2 was employed. All Marines in the S2 section took part in the exercise and got an excellent opportunity to showcase their skills. The goal of TRUEX was for the S2 to do their job

effectively in a complex and challenging urban environment. Moreover, this was the first time the S2 worked with the Marines from Marine Special Operations Company Bravo.

During this pre-deployment training period, the Marines of S2 are grateful for the support that friends and families are providing.



Photo by Cpl. Scott M. Biscuiti

Members of the 11th MEU's Radio Reconnaissance Team, suit up and strap on their parachutes before conducting a training mission.

Marine Special Operations teams hone skills during TRUEX

Story and photos by
Sgt. Bryson K. Jones

NAVAL AMPHIBIOUS BASE CORONADO, San Diego -- Special operations Marines practiced employing the element of surprise with a fast-roping exercise during Training in an Urban Environment Exercise (TRUEX) here.

The Marines from Marine Special Operations Battalion, 11th Marine Expeditionary Unit, Camp Pendleton, Calif., sought to fine tune a combat skill that will allow them to be inserted into a combat or crisis situation via rope in an environment where helicopter landings are impractical.

After a practice run from a tower, the company traveled to Naval Air Station, North Island, San Diego, and fast-roped off CH-46E Sea Knight helicopters

hovering more than 30 feet over the tarmac.

The exercise also gave pilots from Marine Medium Helicopter Squadron 166 (Reinforced), an opportunity to sharpen their skills. The squadron is stationed at Marine Corps Air Station Miramar, San Diego, and is part of the MEU's aviation combat element.

Once fully loaded, the pilots took turns lifting teams of Marines into the air. One by one, Marines in full combat gear descended through the "hell hole" at the base of a CH-46E and slid down the rope and onto the ground.

The exercise was just one segment of a larger urban combat training evolution designed to prepare the MEU for their upcoming deployment



A Marine with Marine Special Operations Battalion, 11th Marine Expeditionary Unit, Camp Pendleton, Calif., fast-ropes down a tower at Naval Amphibious Base, San Diego during Training in Urban Environment Exercise. The training is designed to fine tune skills they will need if they are inserted into a combat or crisis situation in an environment where helicopter landings are impractical.



Marines with Marine Special Operations Battalion, 11th Marine Expeditionary Unit, employ the element of surprise as they fast-roped from a CH-46E Sea Knight helicopter during Training in Urban Environment Exercise.



Photo by Cpl. Scott M. Biscuiti

Marines stand guard at the front of an entry control point July 24, at the U.S. Army Yuma Proving Ground in Arizona. The Marines of Combat Logistics Battalion 11 facilitated orderly movement to and from a field hospital that was setup to treat injured patients during a humanitarian aid operation exercise.

Marines with Battalion Landing Team 1st Battalion, 5th Marine Regiment, 11th MEU enter a house during military operations in urban terrain training (MOUT) July 10 in Miramar, Calif.



Photo by Staff Sgt. Sergio Jimenez



Photo by Cpl. Scott M. Biscuiti

A simulated improvised explosive device hurls a cloud of earth into the air sending a Marine reeling backwards in his turret during improvised explosive device and escalation of force training July 22, at the U.S. Army Yuma Proving Ground in Arizona.



Photo by Sgt. Bryson K. Jones

A Marine with Marine Special Operations Battalion, 11th Marine Expeditionary Unit, Camp Pendleton, Calif., makes his way up the tower during a fast-rope exercise at Naval Amphibious Base, San Diego during Training in Urban Environment Exercise.



Photo by Cpl. Scott M. Biscuiti

The sun rises over the mountains of Yuma, Ariz., as Marines from the 11th Marine Expeditionary Unit's Command Element and